

SESAME CHICKEN POTSTICKERS

By Kimberli Washington, Public Information Office



Makes 24 potstickers.

Ingredients:

- 1 pound ground chicken, cooked
- 3 ounces shitake mushrooms, diced
- 2 cloves garlic, minced
- 2 green onions, thinly sliced
- 2 tablespoons no-sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon fresh ginger, grated
- 1 teaspoon rice vinegar
- 24 2-inch won ton wrappers
- Vegetable oil

Directions:

- In a large bowl, combine cooked ground chicken, mushrooms, garlic, green onions, soy sauce, sesame oil, ginger and rice vinegar.
- Spoon 1 tablespoon of mixture into center of each wrapper. Fold wrapper over filling to create a half-moon shape and pinch edges to seal.
- Heat vegetable oil in a large skillet or deep fryer. Add pot stickers and cook until golden and crisp.
- Serve immediately with soy sauce and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.